USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
BCAP FAVORITE DRILL

DRILL NAME: Defensive Digging

DRILL AUTHOR: ___________________ DRILL CONTRIBUTOR: Michael Del Homme

DIAGRAM KEY:

S = ACTIVE SETTER (S₁, S₂)
P = PASSER (P₁, P₂)
H = HITTER (H₁, H₂)
SV = SERVER (SV₁, SV₂)
D = DIGGER (D₁, D₂)
B = BLOCKER (B₁, B₂)
TA = TARGET (TA₁, TA₂)
TO = TOSSER (TO₁, TO₂)
C = COACH (C₁, C₂)
POA = POINT OF ATTACK
TP = TOUCH POINT (Att Start Pt)
PATH OF BALL ➔
PATH of TIP ➔
PATH OF PLAYER ➔
Π = PLATFORM
affles = BOX ❄️ = CART

Purpose: To practice defensive digging crosscourt, hard angle, line

Drill Overview:

Scoring/Measurement:

Group Size: (expanded info)

Intensity/Rhythm:

Skill Applications: to the game

Medium/High

Variations: of the Drill (any stand-alone versions in the database?)

ADD Blocker

Coaching Tips: for running this drill

Work on different shots e.g. tip, roll, cut

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc)

Sunscreen, water, rest between reps

Other Info: (for anything not yet addressed)